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Health

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| **Across****1.** weight-loss plans that tend to be popular for only a short time**6.** extreme harmful earring behaviors that can cause serious illness or even death**11.** the process by which your body takes in and uses food**15.** a measure of body weight relative to height**19.** the way you see your body**21.** a tough complex carbohydrate that the body cannot digest **22.** negative reaction to food that doesn't involve the immune system**25.** waxy fatlike substance **27.** the psychological desire for food **28.** a high ratio of nutrients to calories **30.** compounds found in food that help regulate many body processes**31.** a repeated pattern of losing and regaining body weight**32.** the spreading of pathogens for one food to another**33.** substances added to a food to produce a desired effect | **Down****2.** treating a substance with heat to kill or slow the growth of pathogens**3.** a set of recommendations about smart eating and physical activity **4.** an interactive guide to healthful eating and active living **5.** a condition in which the bones become fragile and break easily **7.** starches and sugars found in foods, prove main source of energy**8.** the natural physical drive to eat**9.** an eating disorder in which people overeat compulsively **10.** an eating disorder that involves cycles of overeating and purging or attempts to rid the body of food**12.** having an excess of body fat**13.** heavier than the standard weight range for your height **14.** the process by which the body breaks down substances and gets energy from food**16.** below the standard weight range for your height **17.** a condition in which the body's immune system reacts to substances in some foods**18.** an eating disorder in which an irrational fear of weight gain leads people to starve themselves**20.** elements found in food that are used by the body**23.** substances in food that you body needs to grow, to repair itself, and to supply you with energy **24.** food poisoning **26.** nutrients the body uses to build and maintain its cells and tissues**29.** unit of heat used yo measure the energy your body uses and the energy it receives from food |

   nutrition       nutrients       calorie       hunger       appetite       carbohydrates       fiber       proteins       cholesterol        vitamins       minerals       osteoporosis        Dietary Guidelines for Americans       MyPyramid       nutrient-dense       food additives        foodborne illness        pasteurization        cross-contamination       food allergy       food intolerance       metabolism       body mass index       overweight       obese       underweight        body image       fad diets       weight cycling        eating disorders        anorexia nervosa       bulimia nervosa       binge eating disorder